Directions: Using an online calorie calculator such as www.freedieting.com , calculate your caloric needs. Listen for teacher directions.

In the following document you are to replace the 2000 calories with your caloric need and follow the calculations laid out in the paper.

After calculating your protein needs proceed to the FOODS EATEN IN ONE DAY. Write all the foods you consumed, ate and drank, yesterday. Proceed to GRAMS OF PROTEIN, then **estimate** the grams of protein found in each of your foods/beverages consumed.

When completed above proceed to your SparkPeople or Super Foods account and record the foods consumed. Be sure to select the proper date. Now, in the right hand Column of GRAMS OF PROTEIN record the amount the site says you consumed. Tally. Notice the difference.

Complete the question at bottom of the paper.

Print your Spark or Super report for the foods consumed. Staple printout to this worksheet. Turn in to teacher.

Resource for Option #4

GETTING YOUR SHARE OF PROTEIN

Name _____ Period _____ Assign #

It is recommended that teens consume 10-30 of their daily calories from proteins. Determine your daily requirement by following this formula:

Go to ~~www.mypyramid.gov~~ to determine your daily caloric needs. or _____

If your caloric needs are ~~2,000~~ calories per day you would do the following:

~~2,000~~ x .10 = ~~200~~ calories / 4 calories per gram = ~~50~~ grams protein

~~2,000~~ x .30 = ~~600~~ calories / 4 calories per gram = ~~150~~ grams protein

Your protein range for the day would be between ~~50~~ and ~~150~~ grams.

IF you do not have access to Computer

Note: If your caloric needs are different from 2,000, replace the 2,000 in equations above with your caloric needs and re-figure range for grams of protein. (Food for Today, Kowtaluk, 2006)

MY DAILY PROTEIN NEEDS: between _____ grams and _____ grams per day

Keep track of the foods that contain protein that they eat for one day. Using nutritional value charts figure the amount of protein eaten. Answer the question below the chart.

FOODS EATEN IN ONE DAY	GRAMS OF PROTEIN	
TOTAL NUMBER OF GRAMS PROTEIN CONSUMED		

QUESTION? "Have you eaten enough protein today?" Answer on Back. Support.